



Bonner Springs Aquatic Park

Swim Lessons Form

Season 2020

Participants Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

School Child Attends: _____ Age: _____ Grade: _____ Gender: _____

Parent / Guardian Name: _____

Phone Number: _____ Email: _____

Session #1
June 1 – June 11

Level

____ 1
____ 2
____ 3
____ 4
____ 5
____ 6
____ 7
____ 8

Evening ____

Session #2
June 15 – June 25

Level

____ 1
____ 2
____ 3
____ 4
____ 5
____ 6
____ 7
____ 8

Morning ____
Evening ____

Session #3
July 8 – July 18

Level

____ 1
____ 2
____ 3
____ 4
____ 5
____ 6
____ 7
____ 8

Morning ____
Evening ____

Morning Classes:

Levels 1, 3, 5, 7
10:25 AM – 10:55 AM

Levels 2, 4, 6, 8
9:50 AM – 10:20 AM

Evening Classes:

Levels 1, 3, 5, 7
7:05 PM – 7:35 PM

Levels 2, 4, 6, 8
7:45 PM – 8:15 PM

*Rain out/ make up days are to be determined.

WAIVER AND RELEASE

In consideration of my (and/or my child's) participation in this activity, I hereby release and discharge the City of Bonner Springs, Kansas and the Bonner Springs Recreation Commission from any and all liability arising from accident, injury and illness that I (or my child/children) may suffer as a result of participation in such activity. I further agree to indemnify and hold harmless the City of Bonner Springs, Kansas and the Bonner Springs Recreation Commission and the officials, agents, and employees of each from any and all claims resulting from injuries, damages, and losses sustained by me (and/or my child/children) arising out of, connected with, or in any way associated with the activity. In the event of emergency, I authorize City or Recreation Commission officials to secure from any licensed hospital, physician or medical personnel any treatment deemed necessary for me (and/or my child's) immediate care and agree that I will be responsible for payment of any and all medical services rendered. If any damage to City or Recreation Commission facilities, equipment or materials occurs as a result of misuse by me (and/or my child) during use in activity enrolled or participating in, I will be responsible for payment of any repairs and/or replacement needed. Also, the undersigned and/or the participant(s) authorize the City or Recreation Commission to use at its discretion photograph(s) (black/white or color) taken of participants while participating in City or Recreation Commission programs and activities for marketing in print or by electronic means. Registration is not valid without signature. By signing, participant has read all facility rules, waiver and release for all parties involved.

Signature: _____ Date: _____

***** **FOR OFFICE USE ONLY** *****

Staff: _____ Date: _____ Receipt: _____

Credit Card: _____ Cash: _____ Check: _____ Total: _____

*** Turn form into Swim Instructor Coordinator ***

Preschool:

Level 1 (3-5yrs): *Swimmers are taught to feel comfortable in the water using assisted skills. Each child must be at least 3 years old before the first class.*

Swimmer will learn to get comfortable in the water. Learning bobbing, going under water, supported glide, supported front and back float, flutter kick, and jumping in.

Complete the level by blowing bubbles, submerge face independently and jump in waist deep water.

Level 2 (3-5yrs or passed Level 1): *Swimmers are taught to feel comfortable in the water. Each child must be at least 3 years old before the first class, OR have passed Level 1 to register.*

Swimmer will learn the basic fundamentals of swimming. Begin independently rolling from front to back and back to front, front and back float, and pencil jumps. Be introduced to freestyle arms, backstroke arms and the kick board.

Complete the level by opening eyes underwater to retrieve submerged objects in chest deep water, jump into chest deep water independently, and back float independently (5 seconds).

6yrs old & up:

Level 3 (6 & up): *Each child must be at least 6 years old before the first class, OR have passed Level 2.*

Swimmer will learn to freestyle and backstroke kick with kick board, elementary back stroke with kick board, introduce treading, and work on freestyle arms, backstroke arms, and elementary backstroke arms.

Complete the level by front and back float independently (10 seconds), kick board independently, and front glide independently.

Level 4 (6 & up): *Child must be at least 6 years old and able to perform skills in Level 3.*

Swimmer will learn to tuck float, glide and transition to stroke, independently freestyle and backstroke, tread for 30 seconds, breaststroke leg motion with kick board and introduce diving from the knees.

Complete the level by kick boarding independently 25 yards on front and on back, front and back glide independently, and freestyle independently for 2 body lengths.

Level 5 (6 & up): *Child must be at least 6 years old and able to perform skills in Level 4.*

Swimmer will learn to freestyle breaststroke 15 yards, elementary backstroke, breaststroke arm action and leg motion with kick board, introduce side stroke, introduce front flip turn and sit, kneel and standing dives.

Complete the level by kick board independently 50 yards on front and back, freestyle and backstroke for 15 yards.

Level 6 (6 & up): *Child must be at least 6 years old and able to perform skills in Level 5.*

Swimmer will learn to swim 25 meter with freestyle, backstroke, elementary backstroke, and side stroke. Continue with breaststroke, treading, front flip, tuck float, pencil jumps, and glide to transition to stroke. Learn butterfly leg and arm movement and diving kneeling, deep water, and surface.

Complete the level by backstroke for 25 meters, freestyle for 25 meters, and shallow water dive and retrieve object after swimming 15 meters.

Level 7 (6 & up): *Child must be at least 6 years old and able to perform skills in Level 6.*

Swimmer will jump 12 feet, glide to transition stroke 25 meters, 25 meters for elementary backstroke, side stroke, and breaststroke. 50 meter freestyle and backstroke. Learn flutter and dolphin kick and introduce back flip turns. Continue butterfly leg and arm movement, treading and diving kneeling, deep water and surface.

Complete the level by swimming 50 yards of any stroke and perform flip turns and deep water dive.

Level 8 (6 & up): *Child must be at least 6 years old and able to perform skills in Level 7.*

Swimmer will continue to work on freestyle, breaststroke, elementary backstroke, butterfly, side stroke, and breaststroke. Work with front and back flips, treading for a minute, flutter and dolphin kick, and diving sitting, kneeling, deep, and surface.

Complete the level by diving off wall and swim 100 yards with flip turns.